

ASSEMBLY, No. 3736

STATE OF NEW JERSEY 220th LEGISLATURE

INTRODUCED MAY 2, 2022

Sponsored by:

Assemblywoman SHANIQUE SPEIGHT

District 29 (Essex)

Assemblywoman SADAF F. JAFFER

District 16 (Hunterdon, Mercer, Middlesex and Somerset)

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SYNOPSIS

Requires school districts to provide instruction on menstrual health and hygiene as part of implementation of New Jersey Student Learning Standards in Comprehensive Health and Physical Education.

CURRENT VERSION OF TEXT

As introduced.



(Sponsorship Updated As Of: 9/22/2022)

1 AN ACT concerning health and physical education instruction and
2 supplementing chapter 35 of Title 18A of the New Jersey
3 Statutes.

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5 **BE IT ENACTED** *by the Senate and General Assembly of the State*
6 *of New Jersey:*

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8 1. a. As used in this section:

9 “Menstrual disorders” means a disorder that adversely affects an
10 individual’s menstrual cycle, including but not limited to,
11 dysmenorrhea, endometriosis, menorrhagia, and polycystic ovary
12 syndrome.

13 “Menstrual hygiene products” means products that are used to
14 catch menstrual flow, including pads, cloths, tampons, or cups, and
15 supportive products needed for menstrual health and hygiene,
16 including but not limited to, body and laundry soaps, underwear,
17 and pain relief items.

18 “Period poverty” means the lack of access to sanitary products,
19 menstrual hygiene education, toilets, hand-washing facilities, and
20 waste management.

21 b. Each board of education of a school district shall incorporate
22 instruction on menstrual health and hygiene for students in grades
23 four through 12 as part of the school district’s implementation of
24 the New Jersey Student Learning Standards in Comprehensive
25 Health and Physical Education. The instruction shall be age
26 appropriate and shall include, where appropriate, information
27 regarding:

28 (1) the proper use of menstrual hygiene products and possible
29 complications of use, including Toxic Shock Syndrome;

30 (2) the symptoms and long-term effects, including fertility,
31 pregnancy and overall health, of menstrual disorders;

32 (3) the short and long-term effects of period poverty; and

33 (4) when to seek medical advice and how to locate
34 menstruation-related medical resources.

35 Prior to the beginning of a unit of instruction on menstrual health
36 and hygiene, information shall be distributed to parents and
37 guardians of all students detailing the topics of instruction and the
38 requirements of the New Jersey Student Learning Standards for
39 Comprehensive Health and Physical Education.

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41 2. This act shall take effect immediately and shall first apply to
42 the first full school year following the date of enactment.

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45 STATEMENT

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47 This bill requires that schools include age appropriate instruction
48 on menstrual health and hygiene for students in grades four through

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1 12 as part of the school district's implementation of the New Jersey
2 Student Learning Standards in Comprehensive Health and Physical
3 Education.

4 Under this bill, instruction on menstrual health and hygiene
5 would include: the proper use of menstrual hygiene products; the
6 symptoms and effects of menstrual disorders; the effects of period
7 poverty; and when and how to seek medical advice. Parents and
8 guardians would be notified of the topics of instruction and
9 requirements of the New Jersey Student Learning Standards in
10 Comprehensive Health and Physical Education prior to the
11 beginning of a unit of instruction in menstrual health and hygiene.